

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 <b>MORNING YOGA</b></p>	<p>10:00 <b>WORKOUT</b> Abbs, butt, thighs <i>Bauch, Beine, Po</i></p>	<p>10:00 <b>FREELETHICS</b> workout without weights / <i>ohne Gewichte</i></p>	<p>10:00 <b>TABATA</b> interval training / <i>Intervall-Training</i></p>	<p>10:00 <b>THERA BAND</b> workout</p>
<p>10:00 <b>FITNESS WORKOUT</b> with dumb bells/ <i>mit Handeln</i></p>	<p>11:00 <b>KIDS LIMBO DANCE</b> Min. 3 kids</p>	<p>17:00 <b>AQUA FITNESS</b></p>	<p>17:00 <b>AQUA FITNESS</b></p>	<p>17:00 <b>AQUA FITNESS</b></p>
<p>17:00 <b>AQUA FITNESS</b></p>	<p>17:00 <b>AQUA FITNESS</b></p>	<p><b>SWIM COURSES FOR KIDS</b> On request. 60 €/hour  <b>KINDER SCHWIMMKURSE</b> <i>Auf Anfrage. 60 €/Stunde</i></p>	<p>19:00 <b>EVENING YOGA</b></p>	<p><b>PERSONAL TRAINING</b> On request. <i>Auf Anfrage.</i> 80 €/Stunde</p>